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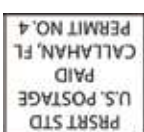
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EDITOR’S NOTE: ASTROLOGY

BY DEMI TAVERAS, EDITOR-IN-CHIEF



In some of my past Editor’s Notes, I’ve occasionally mentioned astrology. It’s a subject that I have periodically studied for a few years now and has become so ingrained in the way I perceive humans. Back in the pre-COVID-19 days, reading someone’s birth chart in the middle of the function was my party trick; I thoroughly enjoyed it when someone asked me to read it for them because each chart was like a cheat-sheet of the person in front of me. So, I wanted to take the chance in this note to explain a little bit more about astrology to those who can’t fathom the obsession but are curious to learn more.

Firstly, with astrology, you are not just one sign. Astrology has many layers and ways to interpret it. You think you might be unhinged because you’re a Cancer and that’s what people usually tell you, but it might not exactly be the case. You have a birth chart, a map of how the stars aligned when you were born. In your birth chart, it includes more than 10 signs that describe parts of yourself, depending on where the sun, moon, and planets were positioned. Most people focus on their “big three.” This is your sun sign (the most common sign people tell you about; your “Zodiac sign” if you will), your moon sign, and your rising sign. Your big three can give you basic but valuable insight because they tell you: A) who a person fundamentally is = sun sign; B) emotions, feelings, and how a person responds to the world = moon sign; and C) how a person comes across to others (basically their first impression) = rising sign.

For example, I’m a Scorpio sun, Virgo moon, and Virgo rising. Fundamentally, I am a Scorpio – loyal, focused, and mysterious. Emotionally, I am a Virgo, meaning I can be methodical in the way I process feelings and I’m a bit of a perfectionist. When someone first meets me, the more vocal traits of Virgo come across, like being helpful, thoughtful, and witty. As you get to know what each placement signifies and the main traits of each sign, reading a birth chart is like reading a book. Some people think astrology doesn’t apply to them, but like a good book, the most interesting charts are complex and made up of different facets that come together magnificently when you see the final big picture.

I never was a spiritual person. I found it hard to believe in something that couldn’t be proved concretely with facts (you see how that Virgo moon jumped out?), but astrology being based on science greatly drew me to the practice. Then, as I used astrology to comprehend the deeper, hidden parts of me, the spirituality of the practice shined through and allowed me to understand myself. To evolve. To figure out when the untrusting nature of a Scorpio is necessary and when the stirring worries of a Virgo are not.

If this piqued your interest, I suggest downloading the app Time Passages, putting in your birthdate, time, and location, and sitting down, comfy with a beverage in hand, to embark on the eye-opening journey of astrology.



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# SUNTEK LAWN CARE: TYPES OF GRASS IN LAKE NONA

## ALL YOU NEED TO KNOW ABOUT ST. AUGUSTINE GRASS

ARTICLE BY NICOLE LABOSCO &  
CHRISTOPHER REGIS  
PHOTOS COURTESY OF SUNTEK LAWN CARE

Homeowners have always had to deal with noisy lawn care services invading their homes and disrupting their lives. Suntek Zero Emission Lawn Care believes that no one should sacrifice having a peaceful home to have a beautiful yard. That is why Suntek uses all-electric lawn equipment powered by solar energy.

As a homeowner, you know your lawn can be one of the greatest features of your home's curb appeal or its greatest downfall. Do you know what type of grass your yard is made of? Most likely, it's St. Augustine grass, and luckily, Suntek Lawn Care is here to provide more information on the makeup of your lawn.

St. Augustine grass (*Stenotaphrum secundatum*) is widely adapted to the warm, humid, subtropical regions of the world. It's the most popular choice for lawns in Florida, and St. Augustine grass is believed to be native to the coastal regions of both the Gulf of Mexico and the Mediterranean. Christopher Regis, CEO of Suntek Lawn Care, discusses the pros and cons of the grass in subject.

### Advantages:

- Produces a green to blue-green dense turf.
- Well adapted to most soils and climatic regions in Florida.
- Relatively good salt tolerance. Some have better shade tolerance than other grass species.
- Establishes quickly and easily and may be planted as sod, sprigs, or plugs.

### Disadvantages:

- Requires water to remain green and healthy and may require supplemental irrigation.
- Has poor wear tolerance and doesn't hold up to repeated foot/vehicular traffic.
- Turns brown/tan during winter until springtime.
- Produces thatch under high fertilization and irrigation regimes, which may become a health problem for the grass.
- Has coarse, wide leaves and stems and doesn't grow as densely as some other species.
- Major insect pest is the southern chinch bug, which can cause considerable damage if not treated.

### Cultivars

Various cultivars of St. Augustine grass are available in Florida. The varieties have different tolerances to environmental stresses and susceptibility to pests. Regis dived into a thorough explanation of the most common types you'd see around the neighborhood in the full-length article online – including Floratam, Palmetto, Raleigh, and Dwarf cultivars such as Captiva, Delmar, and Sapphire.

### Establishment of St. Augustine Grass

"Although St. Augustine grass can be planted year-round in warmer regions of Florida, the best time to plant any warm-season grass is during its time of active growth for the quickest establishment," Regis explained. "It is important to provide irrigation on the correct schedule when grass is newly planted. Multiple, short (five- to 10-minute) irrigations

throughout the course of the day for seven to 10 days following planting helps the grass establish without drying out. Three to four weeks after sodding, the grass should be fully established, and irrigation can begin on an as-needed basis."

Don't fertilize a newly-planted lawn until 30 to 60 days after planting, and don't mow until two to three weeks after planting.

### Maintenance:

"Proper lawn maintenance practices are the best means for avoid-



footprints remain visible after walking on it. Be sure to follow any local watering restrictions.

### Insects/Diseases:

Watch out for the southern chinch bug. "Chinch bugs are foliar-feeding insects that suck plant juices through a needle-like beak, causing yellowish to brownish patches in turf," Regis described. Also, keep an eye out for large patch and gray leaf spot. Both diseases can be controlled with fungicides.

"If you are feeling unhappy or even slightly embarrassed by the way your yard looks, feel free to reach out to me directly – (754) 265-6608. I'll be happy to give you some free guidance and recommendations to help you get a yard you can feel proud of," said Regis.

So, if you are in the market for a new lawn care service company that cares about the environment and lets you live your busy day with one fewer distraction, consider Suntek Lawn Care. Suntek offers 50% off the first mow for Lake Nona residents when they sign up. For more information, visit [www.sunteklawncares.com](http://www.sunteklawncares.com) or call (321) 396-2425 for a free quote.

Check out the full version of this article online at [nonahoodnews.com](http://nonahoodnews.com)!



### Fertilization:

Proper fertilization is especially important for sustaining a healthy lawn, according to Regis. Fertilizer can influence the overall health and quality of the lawn and reduce its vulnerability to weeds, insects, and disease.

### Watering:

Regis explained that you should irrigate on an as-needed basis; it's the best way to maintain any established, mature grass. Grass needs more water when leaf blades begin to fold up, wilt, or turn a blue-gray color, or when



# BUSINESS SPOTLIGHT: BRAVO MARKETS

ARTICLE BY MARIELA CHOPITE  
PHOTOS COURTESY OF BRAVO MARKETS



Mid last year, the arrival of Bravo Supermarkets to Lake Nona was announced, generating a big commotion and great expectation within the community. The grand opening finally occurred in December, and the Lake Nona community now has a new alternative for their grocery shopping: Bravo Markets, located at 13024 Narcoossee Rd. Bravo Markets is an adaptation of the Bravo Supermarkets concept devised by Bravo U.S. Group to meet the requirements of this particular community.

Bravo Supermarkets is a supermarket chain with stores in the Northeastern and Southeastern U.S. under the corporate direction of Krasdale Foods out of New York. Each location is operated independently by its owners, and even though they offer a variety of international products, their main focus is in the Hispanic community, who are able to find products from their countries of origin at their local supermarket.

The Ramirez Group (Bravo U.S. Group) operates several Bravo Supermarket locations in Florida, mainly in Central Florida. It all started when they realized the potential market in the Greater Orlando area for a Hispanic supermarket with all the features of large American supermarket chains.

In early 2004, the first Bravo Supermarkets location, not only in Orlando but also in the state of Florida, started business. The opening of the Bravo Supermarket located at Semoran Boulevard and East Colonial Drive spearheaded a fast growth in the area as it met the needs of the Hispanic community with a large variety of their products at hand



as well as the ingredients required to prepare their traditional dishes. Thus, in a short time, the Ramirez Group had opened new locations, and other investors with businesses already established in New York also turned their eyes toward the opportunities for development in Florida, deciding to open more Bravo Supermarkets locations in the area.

"The Lake Nona community lacked a supermarket with everything that Bravo Markets has to offer, so we arrived in the area to continue providing variety, freshness, quality, customer service, and savings to our



neighbors," said Michael Verdes, one of the owners of this location.

**At Bravo Supermarkets, every aisle takes you home!**

One of the main features of Bravo Supermarkets is that each location has its own personality, and that personality is molded by the surrounding community.

"Our neighbors make the variety of products in their Bravo Supermarket grow as they request their preferred products to make the traditional recipes from their countries of origin in order to keep in touch with their cultural roots, sharing with family and friends each special meal. In the case of Bravo Markets on Narcoossee Road, we go a little further. Besides everything that we regularly offer in our various Bravo locations, we now have an à la carte menu in our Nona Place Kitchen, complemented with beer and wine and

served in indoor and outdoor seating areas with a family atmosphere. We also offer catering service under the guidance of Chef Herminio Itier, a sushi station managed by The Escobar Kitchen with a perfect Asian-Latin fusion, and, to top it all off, a broad selection of desserts prepared daily in our bakery by Master Pastry Chef Angelo. Bravo Markets has options for every taste," emphasized Verdes.

Since its arrival to the city of Orlando 17 years ago, Bravo Supermarkets has contributed to the economy by creating jobs as well as to society, teaming up with businesses and organizations to get them involved in activities and programs to help the community.

**Central Florida is Bravo Territory!** And, fortunately, Lake Nona has one of its best propositions: Bravo Markets, located at 13024 Narcoossee Rd. For more information, please contact the store by phone at (407) 863-3866 and follow their social media accounts on Instagram and Facebook: @bravonarcoossee. New weekly specials are published every Thursday.





LET'S TALK LAKE NONA: IT'S ALL IN YOUR HEAD

MEET THE BRAINS BEHIND A LAKE NONA STARTUP LEVERAGING TECHNOLOGY FOR BETTER MENTAL AND COGNITIVE PERFORMANCE.



CEO Dr. Tommy Shavers



COO Kyle Israel

Dr. Tommy Shavers and Kyle Israel are Lake Nona residents, former UCF football players and alumni, and, most recently, business partners in a sports and health tech startup headquartered right here in Lake Nona known as NESTRE (pronounced nes-tree).

One of the six startups selected to participate in the inaugural cohort of the leAD Lake Nona Sports & Health Tech Accelerator, NESTRE is a neuro-strength platform that provides cognitive assessments, training, and analytics to help monitor and improve both mental (referring to the mind or mindset) and cognitive (referring to the brain) performance.

NESTRE's solutions are results-driven and have been successfully utilized by professional and collegiate athletes, coaches, medical professionals, and executives in an in-person setting. Now, NESTRE is bringing its science and solutions to every walk of life with a one-of-a-kind app.

In this Q&A, founder and CEO Dr. Shavers and COO Israel share the inspiration behind NESTRE, what it's like in Lake Nona's first accelerator program, and what's next for the company.

What is NESTRE?

Dr. Tommy Shavers: NESTRE means **neuro-strength** and is anchored in the science of neuroplasticity – our brain's capacity to change. At NESTRE, we look at every walk of life from a performance perspective, whether that's in recovery, health and wellness, human advancement, or the highest level of cognitive demand in sports or business.

Our goal is to leverage the science of neuroplasticity to increase mental and cognitive performance. To do that, we're creating a mental and cognitive strength training app using Exponential Plasticity™ – our system-based brain training modality within the app that helps identify each user's unique mindset profile and customize the training and engagement experience for users.

If you're familiar with mindfulness and brain training apps like Calm and Lumosity, we're looking to provide a unique differentiator using a systematic approach to identify and improve mental and cognitive abilities. For example, going for a walk can build muscle in an organic way while having a strength and conditioning training program can build muscle in an intentional way. We see the NESTRE app as the digital workout environment for the mind and the brain – your most important workout of the day!

What is your inspiration behind NESTRE?

TS: My passion for this work comes from my personal experience with cognitive impairment and recovery. When I played football at UCF, I had concussive fits that ultimately ended my playing career. My symptoms never went away, and I began to experience mental and cognitive impairment that became significantly worse over time.

My doctor told my wife and I that the science said these symptoms don't get better. At the time, we were in our mid-20s with our first child, and I refused to accept that reality. So, I began to develop a theoretical framework for mental and cognitive rehab. I had an opportunity to share my story and the model I created for self-recovery when I was collaborating with some of the top neuroscientists and neuropsychologists at Harvard. That became the seed for what is now NESTRE.

Prior to our app development, I successfully applied the NESTRE model to others who are experiencing high-stress, demanding environments and saw great results. I'm excited to continue to develop a scalable, accessible model that can address brain-based health, wellness, performance, and productivity challenges for those who need it most.

What led NESTRE to Lake Nona?

TS: I see Lake Nona as the Silicon Valley of health, wellness, and performance and moved here with a vision in mind to grow NESTRE in this incredible ecosystem. My wife and I laugh now because I say that my Super Bowl with NESTRE would be winning a Nobel Prize one day. It wasn't until months

after we moved to Laureate Park that I realized the streets are named after Nobel Laureates. What better inspiration for one day becoming a Nobel Laureate than living every day in their presence.

Tell us about your work with the leAD Lake Nona Sports & Health Tech Accelerator – how has it helped support your business?

Kyle Israel: The leAD Lake Nona Sports & Health Tech Accelerator has been a remarkable and eye-opening experience of what the future holds in the digital tech space. When they say "accelerator," that's exactly what it does! It has provided such an extraordinary ecosystem for creativity and collaboration. There are a lot of incredible accelerators across the country, but when we realize what we've experienced here and the resources, mentors, support, and insights we've been provided, this is better than any of us could have imagined.

When you think about what's in our proximity – the VA, Nemours, GuideWell, USTA, KPMG, and UCF – with what Tavistock is building in Lake Nona, it's hard to imagine that a startup could be in a more powerful networking position. It would have been extremely challenging to make those connections had we not been part of the program. I'm really excited to be living here and experiencing it firsthand, knowing this is only the beginning.

TS: The whole experience has been outstanding. Coming from a sports background, this has been like another locker room for us. The collaboration and camaraderie we've built with the other teams have been amazing. The network, resources, experts, and training have been top notch and have helped us transform in a short amount of time and find clarity in who we are and what we're doing.

What's next for NESTRE?

TS: The NESTRE app is our first neuroplasticity tech solution. We're excited to bring our NESTRE science of better to the world and to continue to develop smarter human possibility technologies and build on the momentum of our early results with top performers in pro sports, medicine, and business. We are also excited about the collaborative vision of some of our key investors and partners, such as leAD Lake Nona Sports & Health Tech Accelerator and former NFL star Calvin Johnson.

We are focused on getting the NESTRE app into the hands of those who want to get better and those who need to get better with the future of integrating wearable compatibility, real-time analytics, and AR/VR technologies.

We have several preliminary partnerships with research institutions like the Harvard Global Health Summit and International Phytomedicines Institute, where I oversee sports and health initiatives. We're exploring collaborative research in cognitive recovery and performance using neuronano-technology. Where there is a mind and a brain, there's an opportunity for NESTRE to help someone get better.

KI: Everyone is welcome to sign up for updates about the app and pre-register for the full launch later this year. Plus, there will be a discount for those who pre-register before the app goes live, and some pre-registrants will even have the chance to participate in complimentary beta testing before the launch.

To learn more about NESTRE and pre-register for the app, visit [www.nestreperformance.com](http://www.nestreperformance.com).

For more information about the leAD Lake Nona Sports & Health Tech Accelerator, visit [www.leadsports.com/academy/lake-nona](http://www.leadsports.com/academy/lake-nona).

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LIVING WELL: PEACE  
IN FORGIVENESS

BY CINDY COFFMAN

Oh my word, this pandemic is lasting forever! It is like we're all stuck on ABC's hit show *Survivor* – only there isn't a huge prize at the end. (And I don't have to eat bugs!) I know that I am not alone when I express that the last 12 months have shown us the best and worst in people.

Recently, I had a situation where someone felt the need to be outrightly mean. They configured a story of untrue statements as a retaliation for not getting their way. Although I wasn't close to this person, I was hurt by the accusations and twist of words. My first reaction: I wished for a family of gnats to make a nest in their armpits. And as the day went on and the more I thought about it, the angrier I got. In fact, I didn't sleep that night. How did this person have so much power over me? I am strong, confident, and have a circle of incredible friends who love and uplift me. Why am I so affected by something said by a mere acquaintance? After much thought and prayer, I made the decision to forgive them. They didn't ask for it. In fact, I doubt they thought any further about it.

On Sept. 6, 2018, a man named Botham Jean was eating ice cream in his Dallas apartment. Amber Guyger, a Dallas police officer, had just capped off a 13.5-hour shift, entered through Jean's unlocked door, and fatally shot him in the chest after mistaking him for a burglar. Moments after the shooting, Guyger realized she was in the wrong apartment. As the story unfolded, we found that Guyger lived in the same building – one floor above his. When she arrived home from work about 10 p.m., she mistakenly parked her pickup truck on the fourth floor of the building instead of the third floor, which corresponded to her apartment. She claimed she then walked down a hallway to the apartment she thought was hers, but when she inserted the key, she found the door slightly ajar. As she entered the apartment, she heard someone inside and saw a "large silhouette" in the nearly completely-darkened apartment who she thought was a burglar. She fired twice, killing Botham Jean.

A year later, Guyger was found guilty and sentenced to 10 years in prison. However, her prison sentence was not what made staggering headlines around the world. At her sentencing, Botham Jean's brother, Brandt, took the stand and showed us all what the power of forgiveness looks like. Brandt not only told Guyger that he forgave her, but he also said he loved her and wanted the best for her. And then, he made the most incredible gesture at the end of his heart-wrenching



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statement: He asked the judge if he could hug her. Forgiveness.

For a long time, I thought forgiveness was something that was exclusively mutually beneficial. Sort of a quid pro quo. However, I have learned it is so much more than that. When we hold onto hurt and anger and feelings of unresolve, we aren't allowing ourselves to live fully in the present. I experienced this firsthand as my whole outlook was affected from this recent incident with

my acquaintance. It influenced my interaction with others, created self-doubt, and had physical effects on me. I had to choose to let it go – truthfully, more than once. I think many of us know how hard it is to "let it go" when you work up a real good mad.

Lewis B. Smedes said, "To forgive is to set a prisoner free and discover that the prisoner was you." My friends, don't be a hostage to hurt and pain. Live life to its fullest while we have breath.

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# MODERNA COVID-19 VACCINE TRIAL FOR KIDS IN LAKE NONA

BY NATALIA JARAMILLO


In Florida, the only Moderna COVID-19 vaccine trial, run by Dr. Salma Elfaki, for children ages 12-17 is at the Nona Pediatric Center.

“When we’re doing clinical trials, the safety of our patients is number one,” Dr. Elfaki told WFTV9.

Being the only site in Florida offering COVID-19 vaccine trials with Moderna, the waitlist is long. Currently, WFTV reported there are already over 400 children signed up for the trial, but more children are still encouraged to fill out the form to register and see if they are eligible for the trial.


The study will help determine whether the vaccine’s level of protection from COVID-19 offered to adults is the same for children and what, if any, side effects children may produce that differ from adults. Moderna’s two-dose vaccine efficacy was shown in trials to be 94.1%, according to the Centers for Disease Control (CDC).

The most common side effects in adults who have had the Moderna vaccine are pain, swelling, redness in the arm in the administration site, chills, tiredness, and a headache all over the body, according to the CDC. These side effects in adults typically began within a day or two of getting vaccinated; however, they should be temporary.



The trial is also being conducted in a format where the participants do not know if they will be receiving the Moderna vaccine or a placebo. Children participating in the trial who do not get the placebo will get the same two-dose vaccine currently being administered to adults. The children participating in the trial have a 67% chance of getting the real Moderna vaccine over the placebo, Dr. Elfaki told WFTV9.

The study is being conducted through Accel Research Sites, and they are still accepting children whose parents allow them to participate in the trial. To find out if your child is eligible to participate, complete the Accel Research Sites COVID-19 Clinical Trial participation form online at <https://accelresearch-sites.com/covid-19-clinical-trials/>. On the form, you must enter your Zip Code, which can also help match you to other studies. Anyone across Florida can sign up.




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# LAKE NONA STUDENT PICKED FOR FLORIDA'S HOMETOWN USA PROGRAM

ARTICLE BY FELICITY MAE GOMER  
PHOTOS COURTESY OF JENNIFER PITTS



Once a year, Florida's Hometown USA Program Inc. selects only five students of all levels of education to represent their hometowns in a program dedicated to fostering care, volunteerism, leadership, and community pride. Nine-year-old Kullen McKenna, a third grade student at NorthLake Park Community School, was chosen to join the program as an Orlando representative for the 2021 program.

Kullen and her parents, Jennifer and Ken, are residents of Lake Nona and are extremely proud to honor our hometown through her volunteer work. She is a fiery force of nature: This young girl is a competitive baton twirler, a karate queen, a leader, and the pioneer behind Kullen's Crayon Collection, a project that repurposes old crayons – winning the Disney Dreamer and Doer award as a result. She's also won the Orange County Drug Free Essay Contest. Kullen was selected for the exclusive opportunity as a result of

her selfless spirit and readiness to help her community.

Florida's Hometown USA Program Inc. is a nonprofit organization for the young population of Florida. They aim to educate, inspire, and nurture the giving nature of youth and encourage community service. Partnered with nearly 30 different Floridian organizations, the students have a wide variety of volunteering opportunities.

Through the nonprofit, the five students picked are given the chance to visit children's hospitals, nursing homes, charity functions, veteran's hospitals, and other events and activities. The students will learn the importance of giving back and taking care of one another.

"It is our belief that if children are involved in volunteering at an early age and are taught to show love and concern for others," said Linda Watts of Florida's Hometown USA Program Inc., "it will stay with them forever."

The nonprofit itself is a decorated entity, recognized through awards like the Governor's Points of Light Award, the National President's Daily Points of Light Award, Disney's Helping Kids Shine Award, and Disney's VolunTEAR of the Year.

Kullen McKenna and four other students from Florida will represent their hometowns and make us proud. She is one of many caring and generous souls we are lucky to have in Lake Nona. Our community and state will benefit from a culture that promotes volunteerism and being there for one another at all ages and stages of life; it supports youth in their ability to love and have empathy and concern toward other people, no matter their condition.

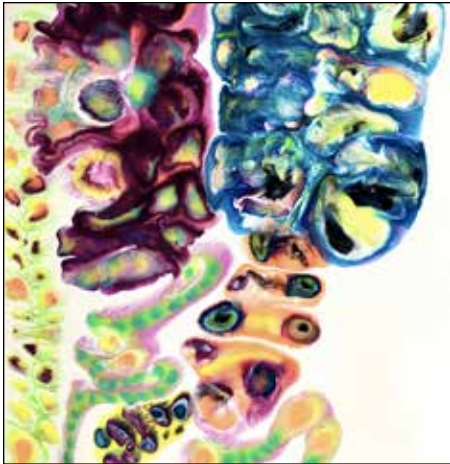


# THE ARTIST: LIFE ITSELF IS AN ART

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF FAB LIMA MEDINA



Based in Lake Nona, Fab Lima Medina of LIME Art is a Venezuelan artist known for her kaleidoscopic resin art pieces. In this interview with *Nonahood News*, readers get a glimpse into Lima Medina's soulful being – and how she really does live up to her fabulous name.



**Nonahood News: What drove you to become an artist?**

Fab Lima Medina: Art is the best way for me to express my emotions and thoughts without feeling judged. It's my safe space, yet it's where I get challenged the most, too! I represent myself best through my art.

**NHN: When did you realize creating art was your passion?**

FLM: Ever since I was a little kid! When I was eight years old, my mom signed me up for this creative contest, and I remember she gave me a bunch of paper to draw on and I couldn't stop! So, my parents decided to take me to painting classes, and I fell in love with it. I started with oil paint, and the feel of it was very unique and soothing to my soul. Ever since, I kept experimenting with new things, and that's how I found resin.

**NHN: How often do you find yourself creating art?**

FLM: Pretty much every day! I like to explore different kinds of art, and that also helps me get inspiration when I paint. I find myself practicing my craft quite often by writing poetry or just by even going to the gym and getting a good workout because shaping your soul and your body is also an art! It's all a matter of perspective. We shape our lives just like when we paint a white canvas, so to me, life itself is an art.

**NHN: How long did it take you to discover yourself as an artist?**

FLM: To be honest, it's a nonstop process for me. Every day, I learn something new and discover new things about myself through my art. I'd say that, the past year, I discovered a lot more of myself as an artist because I actually pushed myself to pursue this dream, so I developed consistency. Each day I painted, I learned new techniques; I messed up BIG time, but it only made me better and better. And it also made me fall in love more with what I do. I'm very excited to keep learning and growing more as an artist, and I'm sure I'll be constantly changing and adapting to new ways to create more art.

**NHN: Which of your projects would you consider to be your favorites? (Pick a top three.)**

FLM: There are a couple that speak to my soul, but my top three are 'Quiet The Mind And The Soul Will Speak,' 'The Sound Of Healing,' and 'The Stages Of Chrysalis: The Egg.' I actually just launched the last one I mentioned!

**NHN: Which of your projects were the most time-consuming/challenging and why?**

FLM: I'd say the 'Psychedelic Series Pt. I.' This series has a lot of my soul in it. It's the

first time I feel like I express a lot of my emotions through my art, and the interesting part is that I didn't realize that until I actually finished and released the series. It took me a couple of months of creating it, and most of the inspiration came from meditation and self-healing. It determined a very important time of my life, and I'm super proud of the results.



**NHN: What are some of your dream projects?**

FLM: Definitely get into prestigious museums and galleries around the world, and as I am accomplishing that dream, I want to give back to humanity by founding my own organization for education. But those are still a work in progress.

**NHN: What serves as your inspiration on a day-to-day basis?**

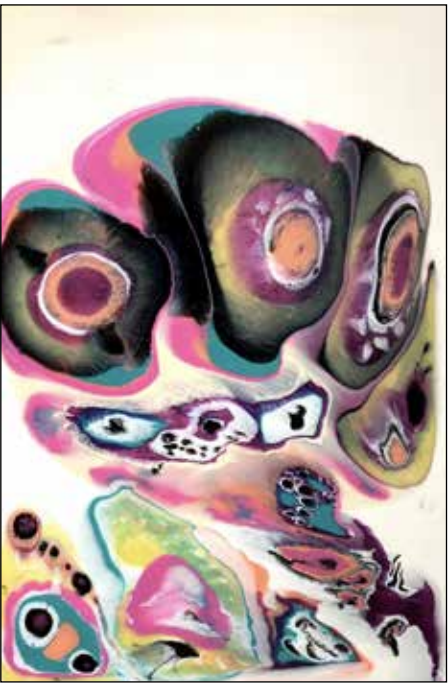
FLM: There's plenty of things that inspire me on a daily basis, but I think the most important one for me is love, the love for what I do, the love for what I'm able to accomplish, and the love for myself – knowing that everyday it's a step closer to accomplish my goals and dreams, and that, today, I'm better than yesterday.



**NHN: Future goals/plans?**

FLM: I want to keep growing as an artist and create a name for myself with what I do. I want to inspire others with what I express through my paintings and hopefully let people find some inspiration through it as well. I want to give back to humanity, too. I've been blessed in so many ways, and I want to share the same opportunities with other people. And I will make this happen through my love for the arts.

To see more of Lima Medina's work, visit [limesart.com](https://limesart.com) or check out her Instagram: @Limaa.art.



# Osceola County Catholic Schools



## Enrolling New Students!

Find out if our Catholic schools are the right fit for your child. Preview our schools virtually, request information, and learn about our scholarship opportunities at

[osceolacountycatholicschools.com/enroll](https://osceolacountycatholicschools.com/enroll)



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# LAKE NONA REGIONAL CHAMBER OF COMMERCE



**RIBBON CUTTING**  
*Ceremony*

Monday, March 1

10:30 a.m. - 12:00 p.m.

iLingo Academy

5830 Merit Parkway

Networks Provided Courtesy of

**FIRST TUESDAYS AFTER-HOURS AT BURGERFI AND LIME FRESH SHARED PATIO**

Tuesday, March 2

5:30 - 7:30 P.M.

13048 - 13052 NARCOOSSEE RD

**BREAKFAST CONNECTIONS: IMPORTANT FACTS ABOUT COLON CANCER WITH DR. PANZARELLA**

Thursday, March 11

8:00 - 9:30 A.M.

VIRTUAL

**BUSINESS LUNCHEON WITH RASESH THAKKAR, SENIOR MANAGING DIRECTOR, TAVISTOCK DEVELOPMENT COMPANY**

Friday, March 26

11:30 AM - 1:00 PM

VIRTUAL

The Lake Nona Regional Chamber of Commerce and its sponsors present

SCAVENGER HUNT: Wonderland Edition

April 10, 9a.m.-2p.m.

Register your team and/or location now.

## EVENT GALLERY



Feb. 2, First Tuesdays “Mardi Gras Party” at Rock and Brews – Leland Fletcher, manager of Rock and Brews Orlando, hosts an evening of delicious appetizers, happy hour specials, and decorations by American Balloon Decor. (Photo by Felicity Gomer)



Jan. 22, Business Luncheon With Central Florida Expressway Authority: Emily Brown, Manager of Public Affairs, & Kathy Putnam, Tollways Program Manager with Quest Corporation of America – Emily Brown and Kathy Putnam update our members and visitors with the latest developments on local infrastructure at 310 Nona. (Photo by Felicity Gomer)



Jan. 26, Ribbon Cutting for Suntek Zero Emissions Lawn Care – Suntek provides a live demonstration of their silent lawncare equipment and celebrates their membership at the lawn in front of Canvas Restaurant & Market. (Photo by Felicity Gomer)



Feb. 4, Ribbon Cutting at Paradise Grills – Paradise Grills manager Cindy Garaffa cuts the ribbon to celebrate their new chamber membership and grand opening. (Photo by Felicity Gomer)

**Leading Vaccines in US**

Name	Mechanism	Efficacy Against Variants	Efficacy Against Original Strains
Pfizer	mRNA	N/A	95%
Moderna	mRNA	N/A	95%
AstraZeneca	Adenovirus-based	76%	82%
Johnson & Johnson (single injection)	Adenovirus-based	57% (S Africa)	72%
Novavax	Protein-based	89% (UK) 41-60% (S Africa)	93%

Feb. 11, Breakfast Connections With AdventHealth Panel of Experts, “COVID-19 Vaccinations: What to Know” – Dr. Jennifer Keehbauch, chief medical officer of AdventHealth East Orange Market, and Kelley Moring, program director of clinical support operations, answer questions about COVID-19 vaccines and details about the vaccine’s distribution, moderated by COO Austin Purkypile of AdventHealth East Orlando. (Screenshot by Felicity Gomer)

**CHAMBER PARTNERS**

**DIAMOND**

**PLATINUM**

**GOLD**

**SILVER**

**BRONZE**

**COPPER**



BUSINESS  
SPOTLIGHT:  
PARADISE GRILLS  
OF LAKE NONA

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF PARADISE GRILLS  
OF LAKE NONA

Living in Florida has its advantages and disadvantages depending on who you ask. The negative? Hot year-round. The positive? Summer practically year-round. Residing in the Sunshine State means you get to spend a lot of time outdoors enjoying the warm weather, and what's a better way to do that than hanging out in your backyard by the pool grilling up some tasty food and serving up some refreshing drinks in your outdoor kitchen and bar? Don't have an outdoor kitchen/bar just yet? Don't fret – we've got the solution! One of the newest additions to the Nonahood is Paradise Grills of Lake Nona, providing pre-built outdoor kitchen and bar units to bring your dream outdoor *paradise* to life!

Cindy Garaffa is the manager of the Lake Nona location and has been with the company for almost three years. She explained that Paradise Grills started 12 years ago here in Orlando, beginning with home shows and tent sales, and has since expanded to locations throughout Florida and Texas.

"We will soon have physical locations in Georgia. We also displayed and sold our units (pre-COVID-19) in over 30 states across the country," said Garaffa.

So why should potential customers consider choosing the pre-built outdoor kitchen and bar units at Paradise Grills Lake Nona over a contractor who can build one from start to finish?

"The advantages to our pre-built units are many! We are the experts at outdoor kitchens – it's all we do! When a contractor builds a unit, they typically don't have access to the materials we use. We buy our stainless and



aluminum in bulk, which allows us to provide the strongest outdoor frame in the industry with the best warranties at a lower cost than a builder can build it," Garaffa detailed. "Because the units are pre-built in our factory, there is no need to obtain any building permits, which means no tax assessment due to improvements, and best of all, no HOA approval required. They are rated as outdoor furniture. All of our units come pre-wired, so all you need to do is hook up your gas and plug it in! We offer so many different sizes and options that you can mix and match to fit almost any space. We also manufacture our own grills – they are commercial quality and can reach 800 degrees! And since we are the manufacturer, we always have the parts available should you ever need something."

When it comes to a backyard renovation with an outdoor kitchen and bar, your options are limited – a custom build or buying modular units online or from big box stores, which are shipped to you and leave you worrying to find a way to assemble them. Garaffa explained that those options aren't nearly as durable and the grills and appliances aren't of the same high-quality Paradise Grills offers.

"You may save a few bucks in the beginning, but it will not last. With us, you are receiving a kitchen built to last a lifetime," Garaffa stated confidently.

Paradise Grills came to Lake Nona because it's a rapidly growing community and the majority of residents were traveling to other Paradise Grills locations. "We are the neighborhood store!" Garaffa declared proudly.

So, as summer quickly approaches and you find your family spending more time outside and at home, consider Paradise Grills Lake Nona to renovate your backyard into the

paradise you've always wanted. There's no better time than now!

"When you purchase a kitchen from Paradise Grills, you can expect a beautiful, quality product at an amazing price. At our Lake Nona location, we offer a hassle-free experience and truly strive to be available to our customers should they have questions or need any assistance," explained Garaffa.

Paradise Grills is offering an additional \$250 off to anyone who comes into their Lake Nona showroom and mentions this article, so go visit and buy today! The business is located in the new Tyson's Corner plaza at 12835 Narcoossee Rd., Suite 104, Orlando, FL 32832. You can reach Paradise Grills Lake Nona via phone at

(407) 602-7835, email at [lakenona@paradisegrills.com](mailto:lakenona@paradisegrills.com), or visit their Facebook page: [@PARADISEGRILLSLAKENONA](https://www.facebook.com/paradisegrillslakenona). Search "Outdoor Kitchens of Lake Nona" to directly access the page Cindy Garaffa manages.

Your backyard paradise awaits!



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Jeanne Green & Shane Carson | 317.439.2555

WINDERMERE

12816 Water Point Boulevard  
\$1,450,000  
Mike Keen | 850.528.0604

ORLANDO

103 Elion Street  
\$1,430,000  
Peter Luu | 321.917.7864

ORLANDO

6053 New Hope Road  
\$995,000  
Tatiane Aponte & Magdalis Martinez-Oropeza | 305.804.4366

SAINT CLOUD

2520 Absher Road  
\$640,000  
Seda Gulliver | 321.506.6295

DAVENPORT

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\$389,900  
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March 15th - 19th

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TENNIS LIKE  
NEVER BEFORE™

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## USTA: THE POSITIVE TRENDS OF TENNIS

ARTICLE BY DANIEL PYSER  
PHOTO COURTESY OF USTA

Tennis is the perfect socially-distanced sport – and the numbers continue to prove it. Tennis participation in the U.S. increased by 22% in 2020, with 21.64 million people hitting the courts, according to recent data from the Physical Activity Council's Participation (PAC) report produced by Sports Marketing Surveys. The survey and report monitor more than 120 different sports and activities Americans participate in.

Of the more than 21 million Americans saying they played tennis last year, 6.78 million were either new or returning/lapsed players. Nearly 3 million of those were first-time players, a 44% increase over new players in 2019. Additionally, the 3.82 million Americans who returned to the sport after time away was a 40% increase over the same measure in 2019.

With its inherent social distancing, along with many other health benefits, tennis continues to show strength in the face of the coronavirus pandemic. To that end, the USTA – with input from the USTA Medical Advisory Group – established in 2020 a series of recommendations and guidelines on how to play tennis safely for both players and facilities. Additionally, a recent study, which analyzed the surface of balls used in various sports, showed that tennis balls used during normal play are unlikely to put players at risk of developing COVID-19.

Tennis' positive health impacts are well-documented and have recently been further highlighted by one of the largest sport-specific studies to date. The study, published in the July 2020 edition of the *Journal of Medicine and Science in Tennis*, showed that those who play the sport have higher general, physical, social, and mental health scores than the general population.

The USTA National Campus has seen the positive trends firsthand, with strong programming numbers throughout the second half of 2020 that have carried into 2021.

In addition to all regular programming, the campus will be offering its traditional Spring Break Camps in March. These half-day camps held March 15-19 mimic the campus' popular Summer Camp and are designed with the perfect blend of competition, camaraderie, and fun.

The Spring Break Camps are available to players enrolled in both Nemours Family Zone and Youth Development programs. The Nemours Family Zone Camps are held daily from 10 a.m.-12 p.m. and are for participants playing at both the Red Ball and Orange Ball Level. The Youth Development Camps are held daily from 9:30 a.m.-12 p.m. and are for players who participate in any of the traditional youth programs at the campus.

For more information or to register, please visit [www.ustanationalcampus.com](https://www.ustanationalcampus.com).



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# NOBEL NOTABLE OF LAUREATE PARK: HENRY DUNANT, THE SOLDIER’S SAVIOR

BY DENNIS DELEHANTY

This is the 20<sup>th</sup> in a series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 130+ streets of Laureate Park. These laureates are extraordinary individuals who through their lifetime achievements have made our daily lives immeasurably richer, often in ways not readily evident.



A mere two meters separate Dufourspitze and Dunantspitze, the tallest summits in Switzerland, a nation chock-full of mountains of countless shapes and sizes. In Western Europe, only Mont Blanc tops those peaks in height. Our measuring tape shows the vertical reach of Dufourspitze at 4,634 meters (15,203 feet), an alp named after Guillaume-Henri Dufour, a Swiss general under Napoleon who later accomplished work of greater social good in collaboration with his posthumous neighbor, Henry Dunant of Geneva, whose summit checks in at 4,632 meters. These adjacent peaks fittingly honor two colleagues who cooperated closely in crafting organizations that vastly improved the wellbeing of citizenry and soldiery alike. But if the lofty heights of Dunantspitze aptly echo the start and finish of Henry Dunant’s productive life, his middle years were spent at much lower economic elevations. So low, in fact, that after having created the Interna-



tional Red Cross, the YMCA’s international branches, and the basic tenets of the Geneva Convention – among other achievements – Dunant for years slept on park benches in Paris and survived on scattered crusts of bread. Recognition of his contributions to the betterment of our daily lives, especially those of soldiers, came only decades later when he reemerged from abject obscurity in a small village in Switzerland to claim lasting international fame.

Henry Dunant’s pious Calvinist parents devoted much of their considerable Christian energies to helping the poor and downtrodden in the Geneva of the early 19th century, and their philanthropic zeal and organizational flair visibly shaped Dunant’s youth. In 1852, still in his early 20s, Dunant helped establish the Swiss branch of the YMCA, an organization founded eight years earlier in London by Sir George Williams, who wished to steer young men away from brothels and drinkeries. Soon after, Dunant worked to knit the national YMCAs into an international consortium. He was already making his mark on the world, but his dreams were big, as big as the world itself.

Having gained some modest experience as a fledgling banker in Geneva, Dunant launched into a business venture in Algeria aimed at attracting Swiss settlers to the French colony of Algeria. The settlement at a place called Sétif soon encountered economic difficulties that threatened its continued existence. Dunant saw a possible solution to the settlement’s struggles by securing water and land rights from the French government. For Dunant, though, this meant no timid approach to local authorities. Instead, the audacious 31-year-old sought an audience with the emperor of France, Napoleon III, nephew of Napoleon Bonaparte, to secure those

rights. At the time, Napoleon III was encamped in Northern Italy, leading troops of French and Sardinian troops against the armies of the young and militarily-inexperienced Franz Josef of Austria. At stake was the liberation of Italy from foreign interventions and the eventual reunification of that nation, a conflict known as the Second Italian War of Independence. (Yes, European history is complicated, but let’s put aside those geopolitical details for now.) Arriving at the French encampments on June 24, 1859, Dunant unwittingly bumped upon one of Europe’s bloodiest struggles of the 19<sup>th</sup> century, the Battle of Solferino, a Sardo-French victory over the Austrians that left 18,000 soldiers dead in one day.

The scenes of the dead and dying on the field of battle traumatized Dunant. Distraught by the absence of medical care for the wounded, he organized transport and medical attention for the thousands of suffering soldiers, calling on local residents for aid and personally bankrolling needed supplies. Back home in Geneva, Dunant penned an account of his experience entitled *Un Souvenir de Solferino* (A Memory of Solferino) that he published with his own funds and shipped to leading political leaders throughout Europe. With superb narrative skill, Dunant in this slim volume described the progress of battle and awful agonies of the wounded and, more importantly, raised serious questions whether concerted efforts could better handle the transport and initial medical treatment for soldiers wounded in combat. With clear and cogent arguments that would leave only the most unfeeling reader unmoved, Dunant in so many words argued for the creation of an international organization to achieve these purposes.

Dunant never met Napoleon III at Solferino. But much like the public reaction in this country to the contemporaneous *Uncle Tom’s Cabin*, his account of the suffering of soldiers at Solferino resonated throughout Europe. The subsequent outcry led Dunant, General Dufour, and three others to establish the International Committee of the Red Cross in 1863, and one year later, corps of Red Cross medics appeared for the first time on a battlefield in Denmark, wearing red-upon-white armbands, a design inspired by the flag of Switzerland. And that same year, building on the success of the Red Cross, 12 European nations convened to sign a document championed by Dunant – the Geneva Convention, arguably one of the most important treaties in human history. The convention, which has been amended several times since its initial adoption, has influenced the behaviors of combatants in wars since. Soldiers treated at Lake Nona’s VA Hospital and similar facilities worldwide are grateful, I am sure, for the protections offered by the Geneva Convention.



Every superhero, as we know, contends with a super villain. The seemingly superhuman Henry Dunant faced his own nemesis in the person of Gustave Moynier, one of the five founders of the Red Cross. Among other issues, the pair quickly quarreled over Dunant’s insistence that the Red Cross should secure the principle of neutrality for wounded soldiers. Dunant won that debate when the concept was included as one of the basic tenets of the Geneva Convention. Meanwhile, though, his businesses foundered, forcing him into bankruptcy, and Moynier maneuvered to have his rival not only expelled from the Red Cross leadership but also blocked from earning financial assistance elsewhere. Years of a vagabond existence ensued as Dunant roamed penniless throughout Europe, finally settling at a hospice in the town of Heiden in the north-east corner of Switzerland.

Dunant’s remarkable resurrection evokes scenes from a fairy tale. In 1895, a Swiss journalist, having met Dunant by chance on a walk in Heiden, authored an article about his life that swiftly reprinted throughout Europe. The renewed interest in Dunant’s accomplishments caused European elites to rethink the history of the Red Cross, where up to then Dunant’s role had been minimized. His newfound fame eventually attracted the attention of the Swedish Academy, and in 1901, Dunant, together with French pacifist Frédéric Passy, earned that organization’s very first Nobel Peace Prize. True to his humanitarian nature, Dunant never accessed his prize money during his lifetime but rather allotted portions of the prize money to charity in his will.

If your travels ever bring you to Heiden, make sure to visit the Henry Dunant Museum, an installation housed in the former hospice where that exceptionally selfless laureate spent his final two decades. A good map of Switzerland will take you there. But just in case you were wondering: No matter *how* hard you look on that map, you will find no mountain peak called “Moynierspitze.”

Next month: César Milstein, Manufacturer of Monoclonal Antibodies

OPENING SOON

# CHOOSE EMERGENCY CARE CLOSER THAN EVER.

At Orlando Health, part of caring for our neighbors is making sure everyone has access to expert emergency care. Opening soon, Orlando Health Emergency Room - Randal Park will provide even more Central Florida families with the highest level of safe, expert emergency care close to home.

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# LAKE NONA HOUSING MARKET UPDATE

January 2021



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www.theLizTeam.com

## Laureate Park



**27 HOMES**  
Active Inventory



**2 HOMES**  
New Listings

**SOLD LAST MONTH: 24**

Average sold price:

**\$551,970**



List to sold price ratio



**56 DAYS**

Avg. Days on the market

## Eagle Creek



**6 HOMES**  
Active Inventory



**3 HOMES**  
New Listings

**SOLD LAST MONTH: 17**

Average sold price:

**\$456,548**



List to sold price ratio



**41 DAYS**

Avg. Days on the market

## Village Walk



**12 HOMES**  
Active Inventory



**2 HOMES**  
New Listings

**SOLD LAST MONTH: 8**

Average sold price:

**\$500,445**



List to sold price ratio



**75 DAYS**

Avg. Days on the market

**Talk to Liz, your LAKE NONA market expert today at 407-717-2464**

**WANT TO KNOW WHATS THE VALUE OF YOUR HOME?**, Text Liz your home address for a fast **FREE HOME VALUE** report.

All data from Orlando Regional MLS. The Liz Team is not responsible for any mistakes and/or miscalculations of any of the data.



# LAKE NONA YOUTH SPORTS

“HOME OF THE JR. LIONS”



“WE ARE MAKING A DIFFERENCE FOR THE YOUTH IN OUR COMMUNITY, COME JOIN US.”

## CURRENT EVENTS

### • Lake Nona Under the Lights: Flag Football

- Tournament League: Grades K-10.
- Registration is OPEN until March 25.
- Held at Heroes Community Park.
- Email: [LakeNonaJRLions@LakeNonaYouthSports.org](mailto:LakeNonaJRLions@LakeNonaYouthSports.org).
- For more information, visit [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org).

### • HEROES 2021 Girls' Spring Season Lacrosse

- Developmental program to prepare for high school.
- Throwing, passing, cradling, scooping, dodging, shooting, foot-work, etc.
- Grades K-8.
- Held at Heroes Community Park.
- Register: [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org).
- Email: [LakeNonaJRLions@LakeNonaYouthSports.org](mailto:LakeNonaJRLions@LakeNonaYouthSports.org).

### • Elite Competitive Cheer

- Cheer, stunts, dance, tumbling, and so much fun!
- Cheer and tumbling coaching opportunities available.
- Practice Location: Heroes Community Park's practice field.
- Email: [Amy.Kleiner@LakeNonaYouthSports.org](mailto:Amy.Kleiner@LakeNonaYouthSports.org).

### • Wrestling

- Held at the Lake Nona High School wrestling room.

### • Tackle Football Registration

- Early Bird/Returning Players: Registration from March 1-8.
- Visit [LakeNonaYouthSports.org](http://LakeNonaYouthSports.org) for more information!
- Email: [Chris.Jackson@lakenonayouthsports.org](mailto:Chris.Jackson@lakenonayouthsports.org).

### Opportunities to Help:

#### • Sponsor a Child Program

- Make a difference by helping a family in need!

#### • Volunteers Needed

- No experience necessary.

#### • Corporate Sponsorships Available

#### • Trainers Wanted

#### • Find us on Facebook at

- [www.facebook.com/LakeNonaJuniorLions/](https://www.facebook.com/LakeNonaJuniorLions/)
- or email [JRLionsFundraising@lakenonayouthsports.org](mailto:JRLionsFundraising@lakenonayouthsports.org)

Email [LakeNonaJRLions@LakeNonaYouthSports.Org](mailto:LakeNonaJRLions@LakeNonaYouthSports.Org) or, for more information, visit [LakeNonaYouthSports.Org](http://LakeNonaYouthSports.Org).

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# UCF LAKE NONA MEDICAL CENTER: YOUR NEW HOME FOR HEALTHCARE

FULL-SERVICE ACUTE CARE  
HOSPITAL NOW OPEN,  
PROVIDING PATIENT-CENTERED  
CARE IN LAKE NONA.

The UCF Lake Nona Medical Center medical staff includes more than 250 physicians, including specialists in cardiology, colorectal surgery, gastroenterology, gynecologic oncology, infectious disease, nephrology, neurohealth sciences, OB/GYN, orthopedic surgery, pulmonology spine and urology. In its first year, UCF Lake Nona Medical Center will create more than 350 jobs and is expected to serve more than 17,000 patients.

Designed with education spaces and technology throughout, UCF Lake Nona Medical Center also represents the future of medicine in Central Florida, supporting the delivery of outstanding training for tomorrow's physicians. Medical students will have the opportunity to learn from community physician partners as well as UCF College of Medicine physicians and researchers, who share the hospital's commitment to developing excellent caregivers and finding cures. And in conjunction



The highly-anticipated UCF Lake Nona Medical Center opened its doors to the public this month, providing full-service healthcare to Lake Nona and surrounding communities in Southeast Orlando and Osceola County. Located adjacent to the UCF College of Medicine in Orlando's Medical City at 6700 Lake Nona Blvd., the state-of-the-art facility now provides 24/7 emergency care and comprehensive inpatient and outpatient hospital services. The new hospital – a \$175-million investment in expanding access to care in the area – is expected to serve more than 17,000 patients in its first year.

"The grand opening of UCF Lake Nona Medical Center is the realization of a vision that will impact the community for years to come," said Wendy H. Brandon, FACHE, chief executive officer. "With the rapid growth in Lake Nona, this community needed a hospital close to home. Our team looks forward to becoming more engaged in the region's wellness and supporting Lake Nona's commitment to health and wellbeing. Whether you need treatment for an acute injury or illness or if you are seeking resources for advanced specialty care, our community can count on UCF Lake Nona Medical Center to provide high-quality, patient-centered care."

As a full-service hospital, UCF Lake Nona Medical Center features 64 inpatient beds, a 20-bed emergency department, four operating rooms, a cardiac catheterization lab, comprehensive imaging and laboratory services, and six private birthing suites. Designed to meet the needs of the growing community, the hospital has room to expand to 80 beds and is designed for future growth up to 500 beds. The facility has also invested in the latest technology to support superior quality care and patient safety, including systems to provide enhanced security, communication and experience as well as innovative patient care and treatment options.



with UCF Academic Health, it will also provide learning opportunities for UCF nursing, pharmacy, and physical therapy students.

"In addition to providing convenient access to outstanding healthcare services in Lake Nona, this hospital will provide important educational opportunities for tomorrow's physicians and support the work of our UCF researchers seeking innovative treatments and cures," said Dr. Deborah C. German, vice president for health affairs and dean of the College of Medicine at UCF.

"Today, we celebrate the next step in creating a healthcare hub in Lake Nona that will increase economic development and improve health for all."

UCF Lake Nona Medical Center celebrated its grand opening with a virtual event on March 1. A recording of the virtual event is available on UCF Lake Nona Medical Center's Facebook page. To learn more about the new hospital and its services, visit [www.ucflakenamedicalcenter.com](http://www.ucflakenamedicalcenter.com).



UCF LAKE NONA  
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Gastroenterology | General Surgery

Gynecologic Oncology

Infectious Disease | Nephrology

Neurohealth Sciences | OB/GYN

Orthopedics | Pulmonology

Spine | Urology

 Lake Nona  
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# LAKE NONA PERFORMANCE CENTER ANNOUNCES PARTNERSHIP WITH CHOPRA GLOBAL

ARTICLE BY FELICITY MAE GOMER  
PHOTOS COURTESY OF THE LAKE NONA  
PERFORMANCE CENTER

The long-awaited Lake Nona Performance Center (LNPC) is set to open its doors this summer. Joining the established team is Chopra Global, a whole health company that will bring its advanced movement and relaxing spa programs to the club. The partnership will bring a wellness experience that is good for the inside of you as well as the outside.

Chopra Global’s trademark programs involving holistic wellness will complement the LNPC’s exercise facilities for access to total health. They support the concept of interconnected minds, bodies, and spirits through activities like yoga, barre, Ayurvedic massage, pilates, a Mind-Body Zone, various mind-body assessments, and spas. The center will also provide educational classes that are open to the community.

Chopra’s designated space within the performance center is a 5,500-square-foot area. In addition to the aforementioned offerings, the Chopra Spa will be available for both members of the LNPC and the public.

The organization is an international success, advocating on behalf of personal health and wellness empowerment for millions of people across the globe for over 20 years. Chopra Global was drawn to the innovative and medically-focused region of Lake Nona, having established a history with them already.

“Chopra Global and Lake Nona have a long and rich partnership guided by our common mission of promoting health and wellbeing. We’re incredibly excited to expand that partnership with the new Chopra Mind-Body Zone and Spa specializing in the life-changing benefits of whole health and practicing the connectivity of mind, body, and spirit,” said Chopra Global vice president of partnerships Jaime Rabin. “The programs at LNPC will serve as a model for us moving forward as we look to continue the expansion of our physical brand presence.”

Dr. Deepak Chopra, founder of Chopra Global, will supervise the operations of the facility along with a team of qualified leaders. He will be moving to Lake Nona in addition to bringing his business here.

“I feel that Lake Nona is going to be the leader in the world that will create a movement for what I’ve longed for all my life: a critical mass of people who will engage in personal and total transformation for a more peaceful, just, and a more healthy and enjoyable world,” said Dr. Chopra. “But to get there, we have to take care of ourselves first.”

In its completion, the Lake Nona Performance Center will be a magnet for those wishing to improve their physical, mental, and spiritual health. Top-of-the-line facilities, technology, classes, programs, and Chopra’s specialties will foster the general wellbeing for the people of Lake Nona. Memberships are available to residents and non-residents now.

“We’re so thrilled to align with Chopra Global, a true, global leader in the health and wellbeing space, to create custom programming and learning opportunities for the Lake Nona community and Greater Orlando re-



Lake Nona Performance Center Exterior



Yoga Room



Classroom



Pilates Room



Meditation Room



Deepak Chopra stands outside the exterior of the LNPC.

gion,” said Jay Groves, executive director of the LNPC. “Designed by Chopra Global with support from LNPC’s expert staff, the mind-body programming coupled with a restorative spa will create a one-stop destination where our members can focus on whole-person health and wellbeing.”



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## MUJERES: LAS PAREDES DE SAMANTHA

POR MARIAGABRIELA GARCÍA HERRERA  
FOTOS CORTESÍA DE SAMANTHA SENF



Samantha Senf es la protagonista de nuestra sección de Mujeres para marzo. Es venezolana, nacida en Maracaibo, y llegó a Miami hace tres años. Su padre la enseñó a pintar al estilo de brocha gorda, y desde allí, trazó la línea en el canva de su vida. Ella estudió diseño y artes plásticas, pero fue aquí en los Estados Unidos, específicamente en Orlando, donde concretó su propósito: hacer lo que le gusta, percibir dinero, y cuidar de su familia. Por eso, Senf creó una empresa llamada Samantha's Walls (Las Paredes de Samantha) que ofrece servicios de pintura, diseño, y arte de interiores y exteriores, representando la innovación en revestimientos y decoración de paredes para residencias y lugares públicos.

Senf tiene tres obras en Lake Nona. Nos referimos al árbol color rosa, ubicado diagonal a Nemours Parkway, y dos murales, uno en el Code Wall – “Prismatic” – y Pixon, ubicado en el Town Center, ambos diseñados por Tavistock Development Company, pero instalados bajo la experimentada sapiencia de Samantha's Walls y su equipo.

El arte tiene la capacidad de provocarnos emociones diversas, y cuando visitamos a Lake Nona, es fácil sonreír ante los colores que nos reciben. El árbol rosado es uno de ellos.

“Fue declarado naturaleza muerta. Hice diez propuestas de color, y al final, la comunidad decidió que fuese rosado. [Los comentarios] en las redes sociales fueron de inmediato, y la energía por la asociación con el mes de octubre, conmemorativo por la lucha contra el cáncer de mama, fue lo que provocó que floreciera nuevamente por un tiempo,” relató Senf.

Hay mucha gratitud en sus palabras, pero está convencida que la frase “el país de las oportunidades” es una promesa para quienes luchan verdaderamente por sus objetivos. Senf quizá no califica como muchos inmigrantes que han hecho diversos oficios antes de conquistar el de sus sueños, pero sí ha vencido muchos muros para vivir del arte y no frustrarse al primer portazo o al primer “no.”

Quisimos ser generosos con este espacio, así como la ciudad lo ha sido con ella, por eso diseñamos unas preguntas para destacar su esencia como artista y ser humano.

**Nonahood Latino: ¿Cuál es tu ritual antes de empezar a pintar?**

Samantha Senf: Oigo música. Me encanta la ópera y el grupo La Oreja de Van Gogh. Otra mañana que ha notado mi equipo es que le doy tres vueltas a la espátula, me ajusto el cabello,



y luego sale el primer brochazo. [risas.]

**NHL: ¿Cuáles son las preguntas que te haces antes de crear?**

SS: Mi gran cómplice es Ethan, mi hijo de 10 años. Le hago preguntas sobre el esquema que tengo en mente, y las respuestas puras de un niño dan mucha inspiración.

**NHL: ¿En qué te inspiras cuando diseñas?**

SS: Casi siempre lo hago en las noches. Amo el silencio; siempre pienso en los momentos más felices. Dentro de mi silencio, hay una gran bulla, y es la de toda mi familia, verla en una mesa contando anécdotas, y por más repetidas que sean, siempre reírnos.

**NHL: ¿Qué es lo imprescindible para empezar a pintar?**

SS: Una escalera, mis botas, y la brocha.

**NHL: ¿Un artista que te emocione?**

SS: Carlos Cruz-Diez.

**NHL: ¿Qué haces cuando no diseñas?**

SS: Juego solitario.

**NHL: ¿Dónde deseas ver instalada una de tus obras?**

SS: En Maracaibo, en el Obelisco o en el puente sobre el lago. La Pila 21 ... forrarla de texturas y colores.

**NHL: ¿Color preferido?**

SS: Naranja; es la combinación perfecta entre el rojo y el amarillo. La pasión y el éxito.

**NHL: ¿Qué es lo más loco o desafiante que has hecho con una pintura?**

SS: Pintarme yo misma en medio de un receso.

**NHL: ¿Qué te ha aportado Lake Nona?**

SS: A parte de crecimiento profesional, el reconocimiento es lo que me ha anclado más aquí.

*Le invitamos a conocer esta inspiradora historia en [samanthaswalls.com](https://samanthaswalls.com).*



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## QUIERO VACUNARME CONTRA EL COVID-19

POR MARIAGABRIELA GARCÍA HERRERA

¿Conforma usted el grupo de personas que se resiste a vacunarse? O solo fue una bandera que ondeó en casa por miedo a las consecuencias y ahora desea que llegue su turno?

Si esto ya es una etapa superada, entonces contagie con la misma actitud a quienes le rodean. Si aún está inconforme con el esfuerzo que los científicos han hecho para producir las vacunas ya autorizadas, le invito a leer este artículo que, más que enjuiciar su decisión, quiere salvar con argumentos la posibilidad de lo que haga.

De acuerdo a un artículo publicado por BBC Mundo, cuando la cifra de infectados en ciudades del país se arribaba a los 3 millones de casos (julio 2020), la mayoría de quienes figuraban en la lista eran apellidos latinos en Florida, Texas, California, y Arizona – estadística que no discriminó a ningún sector. Hablamos de zonas rurales y urbanas en rangos de edades de 40-59 años.

Esta oleada del COVID-19, tampoco supo elegir entre estatus o rango económico. El informe de BBC Mundo señala, “La población indocumentada que vive en EE.UU. está compuesta mayormente por inmigrantes provenientes de Latinoamérica que, por lo general, no tienen acceso a seguros médicos o prefieren abstenerse de solicitar ayudas por miedo a exponer sus datos personales.”

Lo cierto es que, para algunos, resulta más fácil apostar al miedo que a la eficiencia de una vacuna, la cual ha calificado en pruebas experimentales y ha sido un logro fantástico de la ciencia. Y este es el objetivo: ofrecerles respuestas fáciles a preguntas que quizá usted, por la abrumadora información y por querer ignorar el problema, se ha hecho.

**¿Para qué la vacuna?**

La vacuna activará su defensa al COVID-19. Al tener la dosis dentro de su cuerpo, está registrará la presencia del virus y generará anticuerpos. Actualmente es solo para trabajadores esenciales, personas discapacitadas, y mayores de 65 años.

**¿Qué son los anticuerpos? ¿Me protegerán, dejaré de usar mascarillas, y puedo tener un acercamiento con las personas como antes?**

Los anticuerpos trabajan para ubicar a un agente infeccioso específico, unirse a él, y detectarlo para su posterior elimi-



distancia social, y evitar las reuniones sociales que superen las 10 personas.

**¿Qué contiene una vacuna?**

De acuerdo a la Organización Mundial de la Salud (OMS), contiene antígeno que prepara a nuestro organismo para reconocer y combatir una determinada enfermedad en el futuro; adyuvantes para incrementar la respuesta inmunitaria; conservantes; y estabilizantes.

**¿Cómo saber cuál es la vacuna que más me conviene?**

La vacuna fabricada por Pfizer Inc. en sociedad con BioNTech tiene un 95% de efectividad. Se aplican dos dosis con 21 días de diferencia mientras que la opción Moderna Inc. se recomienda para personas mayores de 18 años o más. Ofrece un 94.1% de efectividad, y se aplican dos inyecciones con un mes (28 días) de diferencia.

Según un artículo publicado en el *New York Times*, “Dado que la vacuna de Moderna requiere un almacenamiento en frío menos extremo que la de Pfizer-BioNTech, será más fácil de manipular. ...

La vacuna de Moderna es la que llevaría a las áreas rurales, centros de salud comunitarios, y consultorios médicos privados.” Los hospitales estarían mejor equipados para lidiar con Pfizer-BioNTech.

**¿Quién paga la vacuna?**

El seguro de salud (incluyendo Medicare y Medicaid).

Su organismo necesita tiempo para generar protección, así como ha sucedido con las vacunas que, desde el momento de nacer, le han colocado.

Dicha afirmación, supone un reto ante la resistencia a vacunarse. ¿Es la vacuna contra el COVID-19, la primera en su cuerpo? Por supuesto que no. Los lineamientos de orden social, nos obliga a vacunarnos contra distintas patologías, muchas de ellas ya erradicadas.

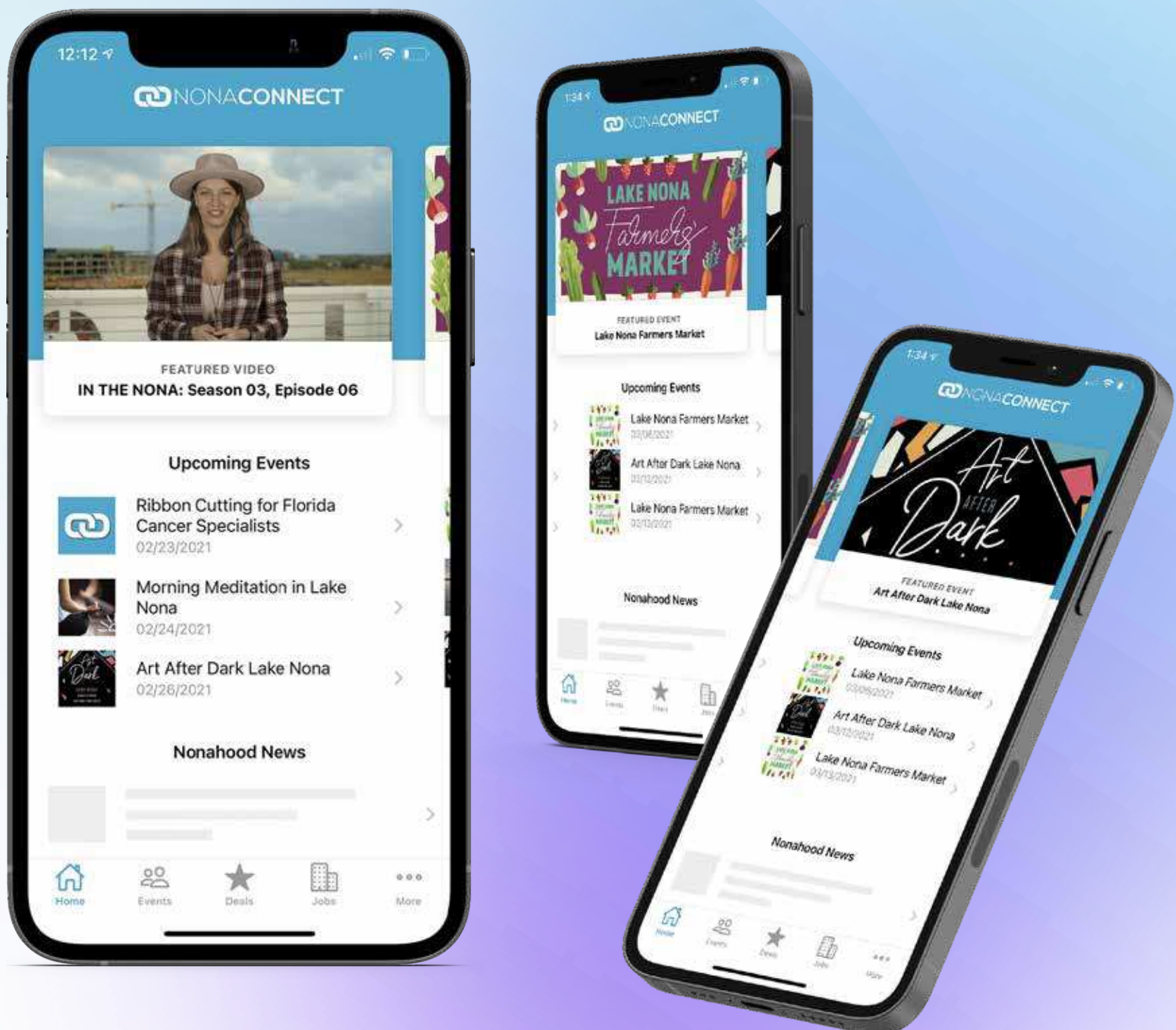
Este es el mundo real, donde la efectividad más inmediata se medirá en el tiempo que usted disponga para recibir la primera dosis, y esto detenga el virus.





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